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FAMILY FOOD CHOICES

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A Guide to Weight and Diabetes Control

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FAMILY FOOD CHOICES:
A Guide to Weight and Diabetes Control

Now you know you have diabetes. But why did you get it? And what can you do to control it? These are very important questions for people who have diabetes. The information in this folder explains why you have diabetes. It will give you tips on how to control your diabetes through the amount and kind of foods you eat.

It probably took many years for you to get diabetes. In fact, the process started with your ancestors a long time before you were born.

In past times your ancestors did not always have enough food. So when food was plentiful their bodies stored it up as extra fat. When food became scarce, their bodies used up the extra fat.

Your ancestors passed their ability to store food to their children. And it has been passed from parent to child ever since. You received the food storage ability from your parents.

Your body may still act as if food will be scarce again. It may still store up extra fat for times when there might not be enough food. But since these times never come, the fat stays in your body and you gain extra weight.

The extra weight makes it very hard for your body to work right. Some people can have extra weight and still stay healthy, but some people can't. If you are one of those people, your body may not be able to use all the sugar that comes from the food you eat. This makes the sugar in your blood rise slowly. Finally the blood sugar becomes so high that your body can no longer control it. That's when you get diabetes.

To control your diabetes and *feel good*, it is important for you to lose weight and eat carefully. Your diabetes will not go away, but if you follow the tips listed in this folder, you can plan meals that will help to prevent the problems that go along with diabetes. And if you help your children to eat right and to stay slim and active, they may never get diabetes.

There are five things you can do to help control your diabetes. You can lose weight, watch the amount and kind of fat you eat, eat more food with fiber, avoid sugar, and avoid alcohol. There is a special section to tell you about each of these ways to help you plan your meals.

- WEIGHT LOSS
- FATS
- FIBER
- SUGAR
- ALCOHOL

WEIGHT LOSS

FACTS: When you lose weight, you lose fat. With less fat, your body can work better to control your blood sugar. Losing even a few pounds can often help control or lower your blood sugar.

TIPS FOR WEIGHT LOSS

- MEASURE your food before eating it. This will help you think about how much you are eating. It will help you be sure you are not eating too much.
- CUT DOWN on the size of the meals you eat.
- INCREASE the amount you exercise each day. Be more active.
- BE CAREFUL about using "dietetic" food. Just because a food says it is "dietetic" does not mean it was made for people with diabetes. Read the label! Some dietetic foods are low in salt, some have no preservatives, or some may have less sugar.
- USE IDEAS that have worked for others who have lost weight:
  - Use a small plate — it will seem like you have more to eat.
  - Pause for two minutes halfway through each meal.
  - Take smaller bites of food.
  - Chew each mouthful 20 times — notice the texture and flavor of each bite.
  - Completely finish one mouthful before you pick up the next bite.
  - Put your fork down between each bite.

- SIT DOWN at your table for all meals. If you eat during other activities such as watching TV, reading, or visiting friends, you may forget how much you are eating.
- KEEP SWEETS OUT OF SIGHT in a cupboard or a container you can't see through.
- ENCOURAGE the people you eat with to follow all of these ideas. It will make it easier for you, and it will help them to live healthier lives too!
- FOLLOW the ideas listed on the other pages. They will also help you to lose weight.

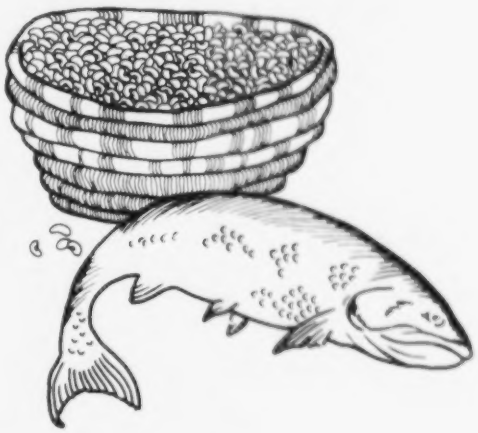
FAT

FACTS: You can see the fat in some foods like lard and oil. But foods like meat, cheese and salad dressing have a lot of hidden fat that you cannot see.

FOODS WITH FAT: Choose foods that are *lower* in fat.

- Meat/Fowl/Fish/Eggs
  - Low Fat (use the most) — 165 calories in a small serving, about 3 ounces

chuck steak or roast
round steak or roast
flank and skirt steaks
rump of beef
sirloin of beef
tenderloin of beef
chicken (no skin)
turkey (no skin)
commodity canned chicken
tripe
rabbit
dried beans, ½ cup cooked
veal
commodity vegetarian canned beans, ½ cup
fish
tuna, water-packed
commodity tuna
salmon, ¼ cup
clams
oysters
sardines, drained, 3
scallops
rump of pork
deer
buffalo
lamb



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- Medium Fat (use sometimes) — 215 calories per small serving, about 3 ounces

  beef rib-eye
  oxtail
  80% lean ground beef
  commodity canned beef
  pork loin
  commodity canned pork
  liver
  smoked ham (high salt)
  sweetbreads
  chipped or wafer-sliced meats
  shoulder arm of pork
  Boston butt of pork
  Canadian bacon
  boiled ham
  neck bones
  tuna, canned in oil
  heart
  kidney
  egg, 1

- High Fat (use rarely) — 300 calories per small serving, about 3 ounces

  beef spareribs
  beef tongue
  beef brisket
  corned beef
  ground beef
  hamburger
  commodity meat ball stew (high salt)
  beef rib, roast, steak
  pork chops
  pork steak
  polish sausage
  duck
  capon
  pigs feet, tails, brains
  pork hocks
  cold cuts
  bologna
  sausage
  salami
  luncheon meat
  minced ham
  liverwurst
  spam
  goose
  hot dog, 1

- Very High Fat (use hardly ever)

  bacon
  salt-pork
  fatback

- Dairy: Milk and Cheese

  - Low Fat (use more often) — Less than 100 calories for a serving

    low fat cottage cheese, ½ cup
    dry powdered skim milk, ⅓ cup
    cheese made from all skim milk, 3 ounces
    skim milk, 1 cup

- Medium Fat (use sometimes) — Between 100 and 150 calories for a serving

  "lite" cheese, 3 ounces
  regular cottage cheese, ½ cup
  low fat yogurt, 1 cup
  low fat or 2% milk, 1 cup
  ice milk, ½ cup

- High Fat (use rarely) — Between 150 and 200 calories for a serving

  Mozzarella cheese, 3 ounces
  evaporated whole milk, ½ cup
  ice cream, ½ cup
  whole milk, 1 cup
  plain yogurt, 1 cup

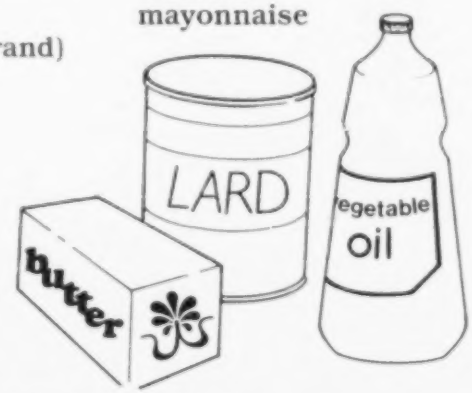
- Very High Fat (use hardly ever) — Over 300 calories for a serving

  commodity cheese, 3 ounces
  regular cheese, 3 ounces

- Oils and Fats have over *twice* as many calories as other foods. Even though all fats are high in calories, some fats are less harmful for your heart and blood vessels. These fats come from vegetables.

  - Less Harmful For Your Heart and Blood Vessels (use sometimes, but in *small* amounts)

    margarine (made from liquid corn oil, safflower oil, or soybean oil)
    vegetable oil (sunflower, corn, safflower, soybean, generic brand)
    almonds
    salad dressing
    peanut butter
    pecans
    sunflower seeds
    tartar sauce
    spanish peanuts
    virginia peanuts
    walnuts
    mayonnaise



  - Bad For Your Heart and Blood Vessels (use rarely)

    lard
    bacon
    butter
    coconut
    sour cream
    cream cheese
    gravy
    bacon fat
    coffee lighteners
    coffee cream
    whipping cream

TIPS TO EAT LESS FAT

- TRY low-calorie salad dressings, or make your own without oil.
- USE unsalted broth instead of gravy on meat, potatoes, or noodles.
- USE skim milk, plain low-fat yogurt, and low-fat cottage cheese instead of whole milk, mayonnaise, sour cream, or butter.
- TRY whole wheat crackers, popcorn, or pretzels instead of potato chips or corn chips.
- GRILL meat in a dry pan or use PAM, or another low-calorie spray. Meat has its own fat. You do not need to cook it in more grease.
- TRIM the fat off meat before you cook it.
- TAKE the skin off chicken and other fowl before you cook it.
- BAKE, BOIL, OR BROIL meats instead of frying.

FIBER

FACTS: All fiber comes from plants. Plant fiber is also called "bulk" or "roughage."

- Fiber is good for people with diabetes for two reasons:
  - It makes you feel fuller, so you eat less.
  - It lowers your blood sugar level.
- Fiber is found in fruits (such as apples), vegetables (such as broccoli), and starches (such as whole wheat bread).

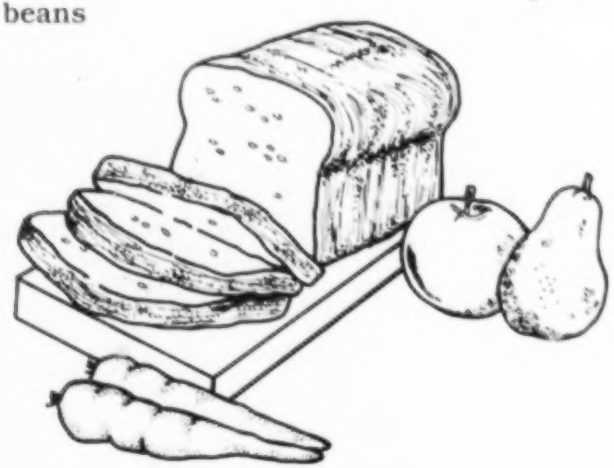
FOODS WITH FIBER: Choose foods that are *high* in fiber.

- Vegetables
  - High Fiber — 2 grams or more of fiber per ½ cup serving

broccoli	tomatoes
eggplant	cabbage, cooked
turnip greens, cooked	okra
carrots	spinach, cooked
zucchini	summer squash
kale, cooked	Brussel sprouts
mushrooms, cooked	mustard greens, cooked

  - Medium Fiber — ½ to 2 grams of fiber per ½ cup serving

cabbage, raw	radishes
spinach, raw	asparagus
mushrooms, raw	celery
cauliflower	lettuce
onions	cucumbers, with skin
beets	turnips
green beans	



- Fruit and Fruit Juice
  - High Fiber — 2 or more grams of fiber per serving

    small apple with skin
    unsweetened applesauce, ½ cup
    raisins, 2 tablespoons
    dried dates, 10
    fresh, canned, or frozen blackberries, blueberries, or raspberries, ½ cup
    fresh or frozen cranberries sweetened with diet sweetener, ½ cup
    small fresh pear
    canned pears, ½ cup
    canned apples, ½ cup
    dried or canned prunes, 2
    dried figs, 2
    small orange

  - Medium Fiber — ½ to 2 grams of fiber per serving

    small cantalope, ¼
    honeydew melon, ½ cup
    watermelon, 1 cup
    grapefruit, ½ cup
    canned fruit cocktail, ½ cup
    fresh or canned pineapple, ½ cup
    medium peach
    canned peaches, ½ cup
    fresh, frozen, or canned strawberries, ½ cup
    canned apricots, 4
    fresh or canned cherries, ½ cup
    fresh grapes, ½ cup
    fresh or canned plums, 2
    tangerine
    banana, ½

  - Low Fiber — less than ½ gram of fiber per serving

    Fruit juices have very little fiber, but they have a lot of calories.

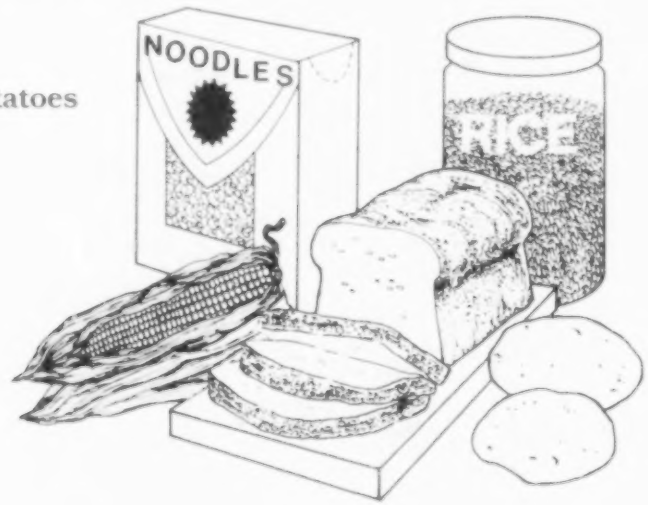
    apple juice, 120 calories per cup
    grape juice, 160 calories per cup
    grapefruit juice, 100 calories per cup
    orange juice, 120 calories per cup
    prune juice, 200 calories per cup
    pineapple juice, 135 calories per cup

- Starches
  - High Fiber — 1 to 4 grams of fiber in a ½ cup serving

bran cereals
cereals — shredded wheat, oatmeal, cornflakes
beans — kidney, brown, lentils, lima, pinto, white
sweet corn
whole wheat flour and products made from it — bread, spaghetti, macaroni, crackers
pumpernickel bread
rye flour and products made from it — bread, crackers
corn meal and products made from it
potatoes
brown rice
pancakes or waffles
parsnips
yams
popcorn
winter squash
green peas

  - Low Fiber — less than 1 gram of fiber in a ½ cup serving

white bread, rolls, biscuits
crackers made from white flour
noodles, spaghetti, macaroni
tortillas
white rice
cornstarch
instant mashed potatoes



TIPS TO EAT MORE FIBER

- CHANGE from low-fiber foods to high-fiber foods, one food at a time. This way you will help your body use the fiber without upsetting your stomach.
- BE CAREFUL NOT TO ADD FAT to fiber foods. Instead, season high-fiber foods with vinegar, lemon, herbs, spices, bouillon cubes, or diet salad dressing.
- EAT fresh fruit instead of canned fruit whenever fruit is in your meal plan.
- EAT the vegetables listed on the vegetable list for snacks. Take a vegetable tray to potlucks and other social gatherings. (Remember corn, peas, and potatoes are *not* on the vegetable list. They are listed under the *starch* group. These foods have many calories, so you must limit these "starchy" vegetables!)
- EAT bran or fiber cereals instead of cereals without much bran or fiber.

Eat this	**Instead of this**
bran cereal	refined cereal
whole wheat bread	white bread
boiled potatoes	french fries
boiled potatoes with skins	mashed potatoes
oatmeal	farina
orange	orange juice
bran muffins	plain muffins
corn bread	biscuit
corn tortilla	flour tortilla

- WHEN EATING OUT
  - Order sandwiches with lettuce and tomato.
  - Order sandwiches with whole wheat bread.
  - Order pizza with onions, green peppers, and mushrooms (leave off hamburger, pepperoni, and sausage) and remember to eat pizza as an occasional treat.
  - Eat out at places with salad bars.
  - Order a dinner salad with your sandwich.

SUGAR

FACTS: Sugar is found in many different kinds of food, and is called by many names (such as sucrose, dextrose, or corn syrup).

- Any food that has a lot of sugar in it is bad for your diabetes for two reasons:
  - Sugar has a lot of calories, but very little nutrition.
  - Sugar causes your blood sugar to go up quickly.
- It is hard to avoid sugar because it tastes so good.

FOODS WITH SUGAR: Avoid these foods.

- Candy
- Table sugar, jam, jelly, syrup, honey, molasses, and maple syrup
- Regular canned fruits
- Regular soda pop, Koolaid with sugar, fruit drinks, Tang
- Sweetened cereals
- Cakes, pies, cookies and other sweet desserts

TIPS TO EAT LESS SUGAR

- DRINK sugar-free soft drinks, diet Koolaid®, coffee, and tea.
- USE low-calorie sweeteners instead of sugar. You will see these listed under several names. You may notice these names on diet soft drinks and other reduced-calorie foods.
  - Saccharin
    Sweet 'n Low, Sucaryl, Sweet 10
  - Aspartame
    Equal, Nutrasweet
- AVOID table sugar, jam, jelly, syrup, honey, and molasses.
- BUY fruits canned without sugar syrup. If you have to use fruit canned in sugar syrup, rinse the fruit off with water before eating it.

ALCOHOL

FACTS: Alcoholic drinks include beer, wine, mixed drinks, and hard liquor.

- Drinking alcohol is not good for your diabetes, because it has a lot of calories and no food value.
- Alcohol increases your desire to eat — it causes you to snack more.

TIPS TO DRINK LESS ALCOHOL

Instead of drinking alcohol, you could drink:

- Tomato or vegetable juice
- Club soda with a lemon or lime slice
- Diet soft drink or diet Koolaid
- Iced tea or coffee
- Other low-calorie drinks listed in this folder

Indian Health Service Diabetes Program

In cooperation with the Michigan Diabetes Research and Training Center, National Institutes of Health Grant No. NIH 5 P60 AM20572, National Institute of Arthritis, Diabetes, and Digestive and Kidney Diseases.

* U.S. GOVERNMENT PRINTING OFFICE 1986 671-100/45141